

Slow Flow Yoga

author: Sara Ivanhoe

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Synopsis

<table><tr><th>authorĩ¼š</th><td>Sara Ivanhoe</td></tr><tr><th>readByĩ¼š</th><td>Sara Ivanhoe</td></tr><tr><th>inLanguageĩ¼š</th><td>english</td></tr></table>

Slow down in your day and enjoy it. Feel the strength and fluidity of your body as you strengthen and lengthen your muscles while working on your flexibility. Let Sara guide you through this beautiful, relaxing, and challenging workout. Watch life slow down as you do this workout two to three times a week.

Reader's comments

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